In the claims:

Please amend the claims as follows:

1-15 (canceled)

16. (new) An industrial robot, comprising:

a first robot part;

a second robot part movably arranged with respect to the first robot part; and

a balancing arrangement operatively connected to the first robot part and the second robot part to counteract gravity when the robot parts are pivoted, the balancing arrangement

comprising

a housing having a first end and a second end,

a first attachment attached to the first end of the housing and a second attachment, the first attachment and the second attachment being operative to pivotably attach the balancing arrangement to the first robot part and the second robot part,

a telescopic unit comprising a guide tube attached to a first end of the housing and a pull rod slidably arranged about the guide tube, wherein the second attachment is operatively connected to the guide tube,

a first spring seat arranged at the second end of the housing,

a second spring seat operatively connected to the pull rod, and

a helical spring unit arranged between the first spring seat and the second spring

seat.

- 17. (new) The industrial robot according to claim 16, wherein the telescopic unit is arranged coaxially with the helical spring unit.
- 18. (new) The industrial robot according to claim 16, wherein the guide tube comprises the first spring seat.
- 19. (new) The industrial robot according to claim 16, wherein the pull rod comprises the second spring seat.
- 20. (new) The industrial robot according to claim 16, wherein the first spring seat comprises a spring housing.
- 21. (new) The industrial robot according to claim 20, wherein the guide tube is arranged coaxially in the spring housing surrounding the helical spring unit.
- 22. (new) The industrial robot according to claim 20, wherein the pull rod is displaceably arranged on the exterior of the guide tube and extends with a first end out through an opening in the spring housing.
- 23. (new) The industrial robot according to claim 16, wherein the first attachment is arranged freely rotatable in an end of the pull rod.

- 24. (new) The industrial robot according to claim 22, further comprising: an exchangeable guide ring rigidly arranged in an opening of the spring housing.
- 25. (new) The industrial robot according to claim 16, wherein the first robot part and the second robot part are vertically articulated arms.
 - 26. (new) A method of balancing an industrial robot, the method comprising: pivotably connecting a first robot part and a second robot;

operatively connecting a balancing arrangement between the first robot part and the second robot part to counteract gravity when the robot parts are pivoted, the balancing arrangement comprising a housing having a first end and a second end, a first attachment attached to the first end of the housing and a second attachment, the first attachment and the second attachment being operative to pivotably attach the balancing arrangement to the first robot part and the second robot part, a telescopic unit comprising a guide tube attached to a first end of the housing and a pull rod slidably arranged about the guide tube, wherein the second attachment is operatively connected to the guide tube, a first spring seat arranged at the second end of the housing, a second spring seat operatively connected to the pull rod, and a helical spring unit arranged between the first spring seat and the second spring seat.

- 27. (new) The method according to claim 26, wherein the telescopic unit guides the helical spring unit.
 - 28. (new) The method robot according to claim 26, wherein the helical spring unit is

arranged coaxially on the telescopic unit.

- 29. (new) The method according to claim 26, wherein the second attachment is applied in the form of a freely rotatable ring fastener.
 - 30. (new) Use of a method according to claim 26 with a vertically articulated robot arm.